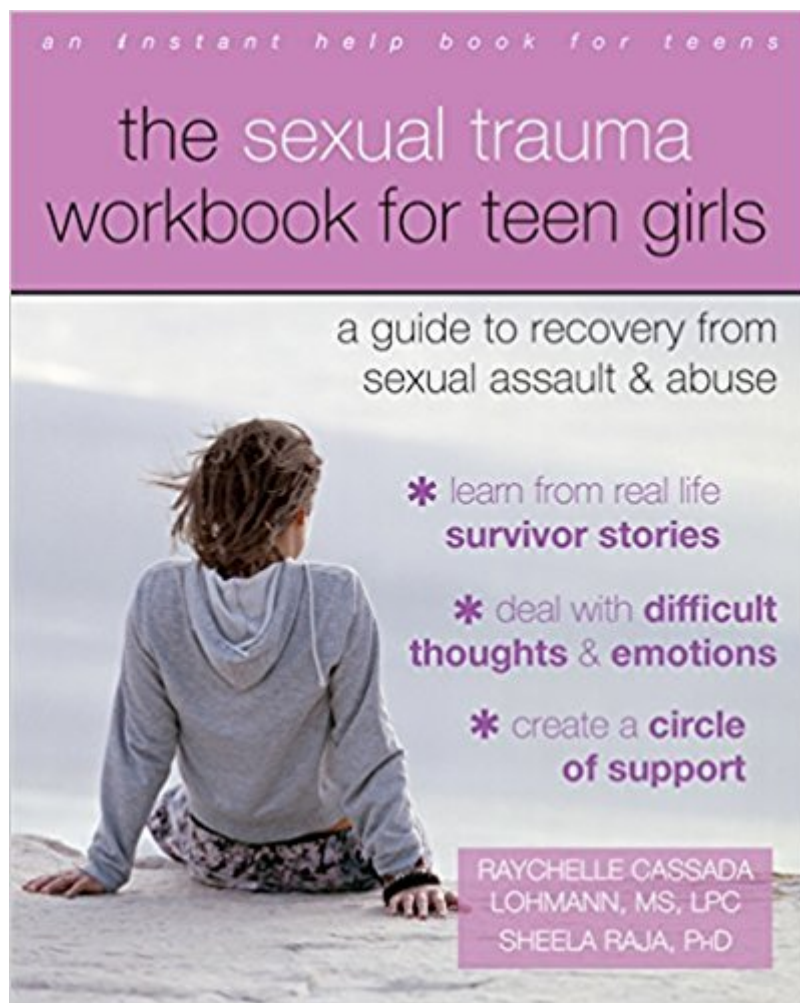




The book was found

The Sexual Trauma Workbook For Teen Girls: A Guide To Recovery From Sexual Assault And Abuse (Instant Help Books For Teens)



Synopsis

The Sexual Trauma Workbook for Teen Girls offers healing, real-life stories from survivors and powerful, evidence-based tools to help you reclaim your life after sexual abuse or trauma. If you've been sexually abused or experienced sexual trauma, you may feel confused, angry, ashamed, and unable to move forward emotionally. You're not alone. Like many teens who've been abused, you may be tempted to keep the secret locked deep inside and feel uncomfortable discussing your struggles with others. If so, this book can help you find your voice. This empowering workbook will help you move past your trauma and serve as a comforting reminder that you are strong and resilient. Healing is possible and with healing, comes victory. In this book, you'll find true stories from other teen survivors, and in reading the stories you'll find reassurance in knowing you aren't alone in your experiences. You'll also find practical and proven-effective strategies and exercises to help promote emotional healing and reclaim your sense of self. Sexual abuse or trauma may be a part of your past, but it doesn't need to define who you are now. This book will help you as you start on the path toward healing so you can move forward with confidence.

Book Information

Series: Instant Help Books for Teens

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Customer Reviews

"A (sadly) necessary, practical tool for young women who've survived sexual abuse and assault." Kirkus review "Child sexual abuse is one of the most damaging and life-altering experiences a person can suffer. This workbook offers the guidance and support

survivors desperately need by providing powerful exercises to help them deal with the associated emotions of shame, fear, sadness, and anger, as well as offering advice and strategies to help them cope with such issues as nightmares and flashbacks. I highly recommend it. —Beverly Engel, LMFT, author of *It Wasn't Your Fault* and *The Right to Innocence*

—Tanisha Bagley, survivor of over ten years of rape, sexual assault, and domestic violence; advocate for all victims and survivors of rape, sexual assault, and domestic violence; and author of *The Price of Love*

“The Sexual Trauma Workbook for Teen Girls is an amazing book of hope, inspiration, and education from start to finish. With the sharing of different personal experiences and encouragement, this book will help any young teen at any point of their journey to recovery. As a fellow survivor of rape and sexual assault, I wish this workbook had been available for me during my time of need. Although it’s been over twenty years since my rape and sexual assault, this workbook helped me today address and conquer emotions that I thought no longer existed.”

—Marilyn Price-Mitchell, PhD, developmental psychologist and author of *Tomorrow’s Change Makers*

“In *The Sexual Trauma Workbook for Teen Girls*, the authors have done a beautiful job of providing a wise, inspiring, uplifting, and comprehensive guide for healing, which can be used alone or as an adjunct to therapy. I love this book. It is comforting and practical, and I will recommend it often.”

—Catherine McCall, MS, LMFT, author of the international best seller *Never Tell*, is on the judges panel of the United Kingdom Child Sexual Abuse People’s Tribunal, RAINN Speakers Bureau, and a blogger for Psychology Today

Raychelle Cassada Lohmann, MS, LPC, is a national board-certified counselor and licensed professional counselor. Lohmann has worked as a school counselor at middle and high school levels, and has helped hundreds of teens deal with feelings of frustration and anger. She has participated in extensive research on anger, and specializes in individual and group counseling for anger management. She is author of *The Anger Workbook for Teens* and *Staying Cool...When You’re Steaming Mad*, and coauthor of *The Bullying Workbook for Teens*. She also writes the Psychology Today blog “Teen Angst” and is an expert contributor on www.rehabs.com and www.sharecare.com. Sheela Raja, PhD, is a licensed clinical psychologist and author of *Overcoming Trauma and PTSD*. Raja is an assistant professor at the University of Illinois at Chicago, where she researches the impact of trauma on health. Raja completed internship

and post-doctoral training at the National Center for PTSD in Boston, MA. She is a highly sought-after national and international speaker, a blogger for The Huffington Post, and a frequent contributor to various print and television media outlets.

Our teen foster daughter needed a workbook like this to help her navigate her emotions concerning her abuse. I was searching for something not directed at children, yet not directed at older adults - this is perfect. I cannot speak as someone who has been through this situation, but the way the questions/exercises were worded are age appropriate and has good exercises to complete outside of open ended questions. While she is going to therapy, she is thankful she has something she can work on that is private and at home since therapy leaves her feeling emotionally open and vulnerable.

Very useful tool for girls.

it was good but did not go beyond more "typical" cognitive interventions

Smooth transaction. Arrived before expected date. Thank you. Great book!

I work in a domestic violence shelter as a youth advocate and recently reached out to New Harbinger Publications to donate some of their workbooks for teens to help us patch the gap in our teen resources. They were amazingly generous in their response and because of that we now are able to provide teens who come through the shelter with this information and these exercises to help them learn about their own emotions and learn techniques for regulating them and caring for themselves. This is one of the books New Harbinger Publications donated. I've been going through it to find activities with which to create a binder for teens coming into the shelter and I've found so many wonderful activities that hinge on teaching the reader emotional competence (reflecting on the emotional experiences associated with the trauma, how they cope with those emotions, etc.) teaching healthy coping skills, and more. I think my favorite thing about this book is that it really focuses on positive forward progression and healing: there is a whole section/exercise dedicated to recognizing victim/self-blaming thoughts and challenging them or working to undo unhealthy beliefs around sexual assault survivors. In addition there is a lot of focus on affirmations and re-teaching yourself to love yourself and starting a return to positive emotional experiences. It's quite lovely. One of the lovely things about this book is that so much of the information and so many of the activities

are relevant to adults, too, even if they're tailored to a younger audience. The information is presented in a highly accessible way, and I anticipate the activities in the books to be useful not only to the teens in the shelter but to the adults as well.

As a professional, I work with many children and teens who have experienced sexual abuse. This book is a great addition to my library and could be a wonderful resource for older teen girls who want to do work on their own between sessions. I like that the book gives personal vignettes from survivors as well as practical advice on implementing coping skills. Recommended! Note: I received a complementary e-ARC of this publication for review from NetGalley.

Great workbook. This book is a must have for counselors, school counselors, or anyone working with young girls. The activities are easy to follow, well written and effective!

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Depression (Teen Instant Help) Beyond the Blues: A Workbook to Help Teens Overcome Depression (An Instant Help Book for Teens) The Stress Reduction Workbook for Teens: Mindfulness Skills to Help You Deal with Stress (An Instant Help Book for Teens) Coping with Cliques: A Workbook to Help Girls Deal with Gossip, Put-Downs, Bullying, and Other Mean Behavior (An Instant Help Book for Teens) Addiction: The Last ADDICTION RECOVERY Guide - The Infallible Method To Overcome Any Addiction: (addiction, addiction recovery, breaking addiction, overcoming ... addiction recovery, recovery, clean Book 4) Invisible Girls: The Truth About Sexual Abuse--A Book for Teen Girls, Young Women, and Everyone Who Cares About Them Mindfulness for Teen Anxiety: A Workbook for Overcoming Anxiety at Home, at School, and Everywhere Else (An Instant Help Book for Teens) The Self-Compassion Workbook for Teens: Mindfulness and Compassion Skills to Overcome Self-Criticism and Embrace Who You Are (An Instant Help Book for Teens) Instant Pot Cookbook: Healthy and Tasty Vegan Instant Pot Recipes for Electric Pressure Cooker! (Instant Pot Recipes - Instant Pot® Electric Pressure Cooker)

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